



31 Days to Joy: Finding Lasting Joy

Bruce Hitchcock

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The search for happiness is a lifelong journey for many if not most people. However, happiness is temporal and external at its best. We move from one happy experience to the next searching for some kind of consistency but find none. Happiness is usually followed by disappointment or depression with the expectation that if we try hard enough, we will find it again in the future. Joy is different than happiness. While happiness is temporal and external, joy is eternal and internal. Happiness is short lived and motivated by some outside action or experience, joy is a gift from God and is therefore internally motivated and has eternal implications. You can have permanent joy in your life. Learn How this is possible in 31 Day to Joy.

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